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WHAT IS CLAIMED IS:

1. A method for molding composite items, made of beads of sintered expanded resin and inserts, comprising the steps of:

providing a movable half-mold and first and second half-molds which are movable by translational motion at right angles to a direction of motion of said movable half-mold;

performing a molding operation by way of a first one of said translatable half-molds mated with said movable half-mold, translating said translatable first half-mold from a position for accessing said half-mold to a molding position, simultaneously accessing a second one of said translatable half-molds when the first one of said translatable half-molds is located at the region for access to said translatable half-mold.

2. The method of claim 1, further comprising the steps of:

manually placing said inserts in the first one of said translatable half-molds;

performing translational motion of said first translatable half-mold from said position for access to the first translatable half-mold to said molding position;

moving said movable half-mold so as to close against said first translatable half-mold in order to perform the molding step;

manually placing said inserts in said second translatable half-mold;

opening said movable half-mold and performing the translational motion of said first translatable half-mold to a second position for access to said half-mold, simultaneously placing said second half-mold at said molding position;

closing said movable half-mold against said second translatable half-mold and starting the molding step;

unloading said first translatable half-mold simultaneously with the molding step performed between said movable half-mold and said second translatable half-mold; and

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loading with said inserts said first translatable half-mold and repeating the cycle.

- 3. The method of claim 2, wherein said step of unloading said translatable half-molds is performed in any of a manual and mechanical manner with aid of mechanical extractors.
- 4. The method of claim 2, comprising the step of supplying said translatable half-molds with hoppers and injectors, respectively.
- 5. The method of claim 2, comprising the step of providing said inserts made of plastic material which has a chemical affinity with said sintered expanded resin beads.
- 6. The method of claim 2, comprising the steps of: providing said inserts made of a material having, distributed on a side thereof arrangeable to make contact with said expanded resin beads, a primer which allows to bond the material with said expanded resin beads; and providing heat and mechanical pressure for bonding the material to said expanded resin beads.
- 7. The method of claim 2, comprising the steps of: providing said inserts made of any material; and bonding said material with said expanded resin beads by partial immersion thereof in said expanded resin beads.
- 8. The method of claim 2, comprising the steps of providing said inserts made of sintered expanded resin beads which have a chemically affinity with said sintered expanded resin beads.
 - 9. The method of claim 1, comprising the steps of: closing said movable half-mold against said translatable half-mold; starting from a configuration in which the first one of said translatable half-molds is at one of the two positions for accessing the half-mold and the second one of said translatable half-molds is at said molding position;

sintering said expanded resin;

opening said movable half-mold and performing translational motion of said translatable half-mold to the manual access position and of said second translatable half-mold to said molding position;

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closing said movable half-mold and performing a sintering step;

simultaneously with said sintering step of said second translatable half-mold, manually assembling said inserts on said first translatable half-mold;

opening said movable half-mold and performing the translational motion of said first half-mold to the molding position and of said second half-mold to the manual access position;

closing said movable half-mold with said first translatable half-mold and bonding said inserts with said sintered expanded resin;

simultaneously with the bonding of said inserts, assembling said inserts on said second translatable half-mold;

opening said movable half-mold and performing the translational motion of said first translatable half-mold to said manual access position and of said second translatable half-mold to said molding position;

closing said movable half-mold against said second translatable half-mold and beginning the bonding of said inserts;

simultaneously with said bonding performed in said second translatable half-mold, unloading the finished part from said first translatable half-mold;

opening said movable half-mold and performing the translational motion of said first movable half-mold, once unloaded, to said molding position and of said second translatable half-mold to said manual access position;

repeating the cycle.

- 10. The method of claim 9, wherein said inserts are made of a plastic material which has chemical affinity with said expanded resin beads.
- 11. The method of claim 9, wherein said inserts are providable made of different materials and comprise a primer, which is distributed on a side thereof arranged to make contact with said expanded resin for bonding thereof with said expanded resin.
- 12. The method of claim 9, wherein said inserts are constituted by sintered expanded beads which have chemical affinity with said expanded resin beads.

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- 13. An apparatus for molding composite items, made of sintered expanded resin beads and of rigid or flexible inserts, comprising:
 - a movable half-mold;
 - a first translatable half-mold and a second translatable half-mold;
- said movable half-mold being movable between a position for closure with one of said first and second translatable half-molds and an open position, said one of said translatable half-molds being able to perform a translational motion at right angles to a movement of said movable half-mold, so that alternatively one of said first and second translatable half-molds is in a molding position for being mated with said movable half-mold in order to perform said molding, and the other one of said first and second translatable half-molds is in a manual access position, allowing access thereto to an operator, simultaneously with molding performed with the translatable half-mold that mates with the movable half-mold.
- 14. The apparatus of claim 13, further comprising a translatable platform provided to rigidly support said two translatable half-molds.
- 15. The apparatus of claim 13, comprising, provided at each one of said two translatable half-molds, a hopper and injectors for feeding said resin beads.
- 16. The apparatus of claim 13, comprising, provided at each one of said translatable half-molds and said movable half-molds, a hopper and injectors for feeding said resin beads.
 - 17. The apparatus of claim 13, further comprising a protection area delimited by barriers which are interrupted at said manual access positions in order to allow operators to access said protection area.
 - 18. The apparatus of claim 13, comprising sensors adapted to detect presence of operators at said manual access positions.
 - 19. A helmet for cycling and skiing, manufactured through the method as claimed in claim 1.
 - 20. A helmet for cycling and skiing made with an apparatus according to

claim 13.

21. The method of claim 1, wherein said expanded resin beads are chosen from a group comprising: expanded polystyrene, expanded polypropylene, expanded polyethylene, or a copolymer whose base is said polystyrene, polypropylene and polyethylene.